

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Physical and Mental Health

H Z N D O K D J K H Q O M C F U C O E S O H G F  
V L T G U K W O L K H S B K I G V R T S C I H R  
X V P U Z J F K Q H O Q I U D N S G I L T G I R  
Z L X A X I E U U J Z D X A W X A Y T N L H D Y  
J S E A F F O N Y E E X N F R U I P E Y E B D E  
U Z S H I R Y V C C T S E Q V G N L P K M L V O  
C F S R Y N R T E A I B E W I R H Q P O P O M W  
J W R K Z P M K U R A U T U W L C E A N D O V U  
N W E J M W O O N D W G Y V G S R J P M V D D B  
F O D S E U B T S L I H G G M I B B L D Y P R K  
M O R I D M E Q N N L T E R N Y T T V G N R Q B  
Q O O D D F S L D L I L Y L E D I A X F P E R Z  
P R S X D J I I J E P H B T M S H O F W W S E N  
L C I R L E T L B P P B E G A E S K M M V S Y M  
C G D G M T Y M E N P R S X K E D I L O J U Q F  
Z B G R F A I L O I E V E T R J O P O L M R G Z  
M U N I B U N O O O V V H S L L V M L N T E T F  
K P I V N B M F V T D H C F S V K J Q C I A A Y  
N I T O V C Q G H Q O Y A B Q I Y P N Y P D W J  
Z X A D X I F V A C P F D L W F O A I X J P V E  
F J E L X E B Q G A P I A O M Q Q N U D T Y C Q  
Y L O W E N E R G Y B E E V E P U N M B R D Q K  
Q L P O U B E A W W U H H T V T U U U B O X Q Z  
R T N E M E G A R U O C S I D O A N X I E T Y J

High blood pressure  
Overwhelmed  
Depression  
Insomnia  
Anxiety  
Acne

Eating Disorders  
Aggression  
Headaches  
Fatigue  
Panic

Discouragement  
Low energy  
Appetite  
Obesity  
Moody